



SHAHEED BABA DEEP SINGH

Department of Home Science

FACULTY OF ARTS & SOCIAL SCIENCES

Email ID- [hsc@subharti.org](mailto:hsc@subharti.org), Website – [www.subharti.org](http://www.subharti.org), Contact

No. 91-9639010541



SWAMI VIVEKANAND SUBHARTI UNIVERSITY

Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-  
250005

Ph. 0121-2439578, 2439052, 3058031, Ext. 2804, Telefax: 0121-

2439067 e-mail:[hsc@subharti.org](mailto:hsc@subharti.org)

Ref no. /H.Sc./Notice/ 2018-19/46

25.03.2019

NOTICE

This is hereby informed that Department of Home Science shall start Value Added Courses (30hrs.) Students are advised to participate in below mentioned programs along with the degree course.

Program Calendar

S.No.	Name of Course	Programme Coordinator	Date
1	Stress Management	Ms. Shalu Nehra	02/04/2019
2	Anger Management	Dr. Nishma Singh	12/04/2019
3	Crèche Administration	Ms. Shalu Nehra	04/06/2019
4	Sports Nutrition	Dr. Nishma Singh	02/07/2019
5	Diabetes Management	Ms. Shalu Nehra	02/08/2019
6	Small Scale Industry Administration	Dr. Nishma Singh	02/09/2019

All the above courses are free and a Certificate shall be provided at the end of the session.

Dr. Ajoti Gaur

(Head, Department of Home Science)

HEAD  
DEPARTMENT OF HOME SCIENCE  
S. V. C.  
Subharti University, Meerut



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## Value Added Course

### Sports Nutrition

Duration: 30 hrs.

### Syllabus

**UNIT I:** Introduction to Sports Nutrition, Definition and scope of Sports Nutrition

**UNIT II:** Knowledge of different Sports/Games

- a. Nutrition for high performance athletes
- b. Nutrition during Training
  - Role of macro nutrients in Sports performance
  - Macro- and micro nutrients for sport performance
  - Temperature regulation, fluid balance, fluid intake of athletes and rehydration strategies for sports

- Suggested dietary allowances and nutritional guidelines for different categories of high performance sports

**UNIT III::** Introduction of supplements and types of Sports supplements Integrated

approach to care for athletes

- Performance enhancing substances ,drugs, ergogenic aids and herbs in sports performance

HEAD  
DEPARTMENT OF HOME SCIENCE  
S. V. Subharti University, Meerut

**DEPARTMENT OF HOME SCIENCE**  
**Swami Vivekanand Subharti University, Meerut**  
**Completion Report of Value Added Courses**

2019-20

Course Name	Sports Nutrition
Conducted by	Dr. Hishma
No. of Registrations	19
Whether the certificates awarded or not	Awarded
No. of students Awarded certificates	19
Date of awarding of Certificate	12-Aug-2019
Collaborations	—

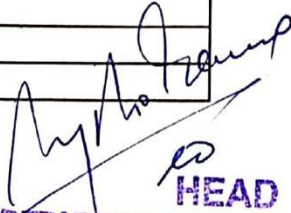


Prof. (Dr.) Jyoti Gaur

**HEAD**  
Head, FASS  
DEPT OF HOME SCIENCE  
Subharti University, Meerut

Value Added Course Sports Nutrition

Tanu Verma
Nikita Garg
Surbhi Nirwan
Km.Sweta
Faiza Akhlaq
Km.Nitika
Parul
Divya Dubey
Anukriti Singh
Km Payal
Meenu
Himanshi
Manisha
Monika Saini
Neha
Shivani Verma
Vidhi Goyal
Shweta Rajwanshi
Saniya Khan

  
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 Subhartipuram, NH-58, Delhi Haridwar Meerut Bypass Road, Meerut-250005

**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**NIKITA GARG**

has successfully completed  
 30 hours value added on  
**'Sports nutrition'**  
 (July 2- August 9, 2019)

**Dr. Jyoti Gaur**  
 Head, Department of Home Science

DEAN  
 Faculty of Arts & Social Sciences  
 S. V. Subharti University  
 MEERUT

**Dr. Nishma Singh**  
 Program Coordinator



**Department of Home Science**  
**Swami Vivekanand Subharti University**  
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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**KM. SWETA**

has successfully completed  
 30 hours value added on  
**'Sports nutrition'**  
 (July 2- August 9, 2019)

**Dr. Jyoti Gaur**  
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**Dr. Nishma Singh**  
 Program Coordinator



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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**FAIZA AKHLAQ**

has successfully completed  
 30 hours value added on  
 '**Sports nutrition**'  
 (July 2- August 9, 2019)

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 Head, Department of Home Science

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 Faculty of Arts & Social Sciences  
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**Dr. Nishma Singh**  
 Program Coordinator



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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

**TANU VERMA**

has successfully completed  
 30 hours value added on  
 '**Sports nutrition**'  
 (July 2- August 9, 2019)

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**Dr. Nishma Singh**  
 Program Coordinator



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**Certificate of Completion**

THIS ACKNOWLEDGES THAT

SURBHI NIRWAN

has successfully completed  
30 hours value added on  
**'Sports nutrition'**  
(July 2- August 9, 2019)

**Dr. Jyoti Gaur**  
**Head, Department of Home Science**

**DEAN**  
Faculty of Arts & Social Sciences  
S. V. Subharti University  
MEERUT

**Dr. Nishma Singh**  
**Program Coordinator**

**Registrar**  
**Swami Vivekanand**  
**Subharti University**  
**MEERUT**